



# Coping with Liver Disease

*Mark Greener*

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## **Coping with Liver Disease** Mark Greener

Liver disease is rapidly catching up with heart disease as the leading cause of death, killing more people than diabetes and road deaths combined. But the good news is that liver disease can often be prevented. You can even slow the decline even if you've already developed the condition, and bolster the liver's unique capacity for self-repair. Written by an award-winning bioscience writer, *Coping with Liver Disease* looks at how lifestyle factors - such as cutting out alcohol, losing weight and eating a healthy diet - are vital in helping your liver back to health, even if you're already receiving treatment from your doctor.

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